

LIGHTLY PROCESSED

84
HEALTH SCORE

#1. ALMOND BUTTER & HONEY COCOA BITES RECIPE

HIGH SUGAR

SCANNED: 8/27/2026, 3:00:17 PM

"This wholesome recipe uses nutrient-dense almond flour, cocoa, and almond butter sweetened naturally with honey. It provides healthy fats and fiber with no artificial additives or preservatives, though it contains tree nut allergens."

Wholesome Alternative: Replace honey with pureed dates or monk fruit to reduce glycemic impact.

HARDWARE TRIGGERS & LED STATUS ARRAY

1 Active Trigger

HIGH SUGAR
>10g added sugar / High-Fructose Corn Syrup
ACTIVE ALERT

SYNTHETIC DYES
Red 40, Yellow 5/6, Blue 1/2
INACTIVE

TRANS FATS
Partially hydrogenated oils
INACTIVE

CHEMICAL PRESERVATIVES
BHA, BHT, TBHQ, Nitrites, Nitrates
INACTIVE

ARTIFICIAL SWEETENERS
Aspartame, Sucralose, Ace-K
INACTIVE

HIGH SODIUM
>460mg sodium per serving
INACTIVE

HIGH PROTEIN DETECTED
≥10g protein or whole protein source
INACTIVE

COMMON ALLERGENS AUDIT

DAIRY SOY GLUTEN PEANUTS TREE NUTS SHELLFISH EGGS

ARTIFICIAL ADDITIVES, DYES & PRESERVATIVES (0)

No synthetic food dyes, artificial preservatives, or HFCS detected.

HIDDEN SUGARS & SODIUM ALERTS (1)

[HIDDEN SUGAR] Honey: Natural liquid sweetener that contributes simple carbohydrates.

LOGGED BLOOD GLUCOSE TEST HISTORY

3 READINGS

Timestamp	Blood Glucose	Context	Meal / Notes	Status
8/27/2026 06:39 AM	121 mg/dL (6.7 mmol/L)	Fasting	Manual Meal / Beverage Log	ELEVATED
8/26/2026 07:15 PM	124 mg/dL (6.9 mmol/L)	2h Post-Meal	salad with olives, egg, onions, one sausage brott	ELEVATED
8/26/2026 07:14 PM	188 mg/dL (10.4 mmol/L)	2h Post-Meal	Lunch corn dogs and sticky rice	HIGH SPIKE

EXTRACTED INGREDIENTS LIST (7 TOTAL)

ALMOND FLOUR * UNSWEETENED COCOA POWDER ALMOND BUTTER * HONEY * VANILLA EXTRACT SEA SALT MINI CHOCOLATE CHIPS